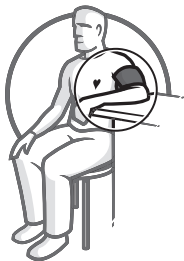
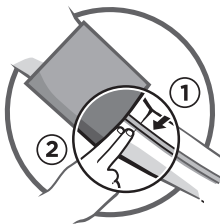



Take an accurate blood pressure reading

- 1 Place the cuff over your bare upper arm so that the blood pressure tube runs down the middle of your forearm.
- 2 Confirm that the bottom edge of the cuff is 2 finger widths (about 1 inch) above the bend in your arm.



- 3 Sit comfortably in a chair that supports your back. Place feet flat on the floor. Keep legs uncrossed.
- 4 Support your arm on a flat surface, and ensure the cuff is level with your heart (right atrium).
- 5 Rest for 5 minutes after sitting down and positioning the blood pressure cuff.
- 6 Press  to begin the blood pressure measurement.

Note To stop cuff inflation during blood pressure measurement, press  once.

Pair your smartphone with the Blood Pressure (BP) monitor

- 1 Unpack your device and install the batteries.
- 2 On your smartphone, open Settings and turn on *Bluetooth*.
- 3 Download the Welch Allyn Home App from the App Store® or Google Play.™
- 4 Launch the Welch Allyn Home App and complete the following steps:
 - Enter your email address and temporary password
 - Review and agree to Terms and conditions
 - Change your password
 - Enter profile information
 - Select the measurements you wish to track
 - Optional: Enter goals
- 5 In the *Add a device* screen, touch **I have a blood pressure device**.
- 6 Press AND HOLD the power button on the BP monitor for 2 seconds to pair the device. A *Found device* screen appears on your phone.
- 7 Rename the device or leave as is, and then touch **Save**.
- 8 Touch **Done with devices**. An *All set!* message appears. Pairing was successful.